



## Lunch

Available at 12:00. The kitchen will close for 30 min between breakfast & lunch on the weekends to ensure that all lunch items are freshly prepared for you. We apologies for any inconvenience. Food prepared to order. Only the freshest ingredients used. No preservatives or colourant's added. Good food takes time, please be patient.

## Tapas

- V** R25 **Patatas bravas** and paprika mayonnaise
- V** R25 **Parmesan crumbed tomato**, basil and mozzarella risotto and roasted garlic cream
- V** R35 **Balsamic and garlic marinated olives**, toasted nuts and feta
- R35 **Chilli Salt Calamari**, lemon aioli and coriander
- R35 **Lamb koftas**, spiced tomato sauce and coriander yoghurt
- R35 **Chicken livers**, per-peri sauce and ciabatta
- R35 **Mussels**, yellow curry and coconut cream gnocchi
- R38 **Cured Salmon**, gribeche and wholemeal bread

## Salads and Soups

- V** R65 **Spiced lentils, labne, hummus and roasted butternut salad**, rocket, pumpkin seeds and mustard seed dressing
- R65 **Spiced chicken salad**, toasted cashews, sesame seeds and salad greens with an Asian dressing
- R70 **Smoked chicken Caesar salad**, crispy bacon, croutons, parmesan cheese, boiled egg, salad greens & Caesar salad dressing
- V** R55 **Grilled halloumi and roasted tomato salad**, toasted walnuts, salad greens, marinated couscous and herb dressing
- V** R45 **Soup of the day** with toasted health bread
- Toasted Sandwiches**, served on brown, white, rye or health bread with homemade crisps and tomato relish
- V** R45 **Three cheese tomato and pesto**  
– Parmesan, cheddar and mozzarella
- R50 **Chicken and mayonnaise or chicken and peri-peri mayonnaise**, spring onion and mozzarella
- R58 **Three cheese and bacon**  
– Feta, cheddar and mozzarella

We endeavor to reduce oil used in every dish.  
Bastings are kept to a minimum.  
Alternative natural sweeteners are used where ever possible instead of refined sugar.



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**Wraps, served with fries or salad and tzatziki**

**V R48** **Roasted vegetable**, Pesto roasted vegetables, hummus, coriander yoghurt, toasted seeds and Danish feta

**R79** **Chicken tikka**, avocado, feta, sambals and tzatziki

## Burgers

**R80** **Beef burger**, greens, pickles, cheddar, tomato relish and fries (please note that the beef patties are made with pork fat)

**R80** **Lamb burger**, Greens, avocado, tzatziki, tomato relish, feta and fries

**V R90** **Open lasagna**, layered with roasted beetroot, mushroom ragout, green onion and cheddar mornay sauce, sage veloute and shaved parmesan

**R135** **Coconut and sesame coated line fish**, roasted sweet potatoes, stir fried vegetables, spicy lemongrass and coconut cream, and peanut and soy sauce

**R120** **Durban style lamb curry**, with Basmati rice, sambals and pappadam

**R95** **Chicken Wellington**, Roasted Chicken, chicken wellington, charred tomato jus and parmentier potatoes

**R100** **Roasted pork neck**, pork neck, harissa, warm chickpea, tomato and baby marrow salad, pearl barley and Moroccan spiced jus

**R135** **Beef – Sirloin, Rump**  
Served with a choice of green peppercorn sauce, porcini mushroom sauce, herb and garlic butter, wholegrain mustard butter, café de Paris butter  
Served with seasonal vegetables, tobacco onion, bone marrow gratin and a choice of fries, new potatoes or mashed potatoes

## Side Dishes

**V R20** Chips, mash, side salad, basmati rice

**V R25** Seasonal vegetables, cinnamon roasted butternut

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